

Awareness Session on Menstrual Health & Hygiene

An awareness session was organized on the occasion of "Menstrual Hygiene Day" under the aegis of Women's Cell in Aggarwal College Ballabgarh on 24-05- 2022. Under the guidance of College Principal Dr. Krishan Kant Gupta, many programs related to the health of girl students were organized in the college. In this series, this session was organized with the aim of making the girl students aware and break the taboos. The main objective of this program was to make girl students aware of physical hygiene so that they can stay healthy and avoid diseases. Dr. Anita Garg (Gynecologist, Kesar Nursing Home, Chawla Colony Ballabgarh) and Dr. Punita Hasija (President, IMA) were present as main speakers. In the beginning of the program Dr. Krishan Kant Gupta welcomed the guests and said that millions of women, girls don't have access to the safe sanitary products and their leads to various diseases. He motivated the girls to ask questions as prevention is better than cure. Dr. Anita Garg said that woman is the basis of creation. It is very important to make her aware of cleanliness during menstruation, otherwise she suffers from many diseases and it has been said that a healthy mind resides in a healthy body. She did a detailed discussion on the causes and solutions of menstrual irregularities, food related problems, excessive bleeding, and unbearable pain. Dr. Punita Hasija presented her worrisome statistics on serious diseases like anemia, leucorrhoea and cervical cancer and their worrying statistics due to the use of low quality pads. She made them aware about menstrual health and asked them to change the mindset & attitude. On the occasion of this program, free pads etc. were distributed to the girl students by NIINE PRIVATE LIMITED. In this program, about 100 Played an active role. They got their queries resolved through various questions. Due to the efforts of Women cell coordinator Dr. Geeta Gupta,

Dr. RenuMaheshwari, Dr. RekhaSain and Dr. Supriya, this program was fruitful and successful.